



Life Group Preparation Notes:

Laugh your way to a better marriage.

Session 10 - The #1 Key to Incredible Sex.

Intro:

As the Leader preview this section of the study and see if it's a good fit for your group to do as a group or if this is for individual work at home as a couple. Feel free to handle this portion as you deem appropriate for the group.

Set up the evening by creating an environment that is safe for people to share. You may have been together as a group for a short time or a long period of time yet sharing group guidelines (confidentiality; no advice giving; participation; vulnerability) and are worth revisiting in order to create a safe sharing environment.

Check-in: Share with the group what God has been saying to you about your relationship with your spouse over the past week.

Watch Clip 25: Exclusivity and Lust (17:23)

What is it about exclusivity that makes it the #1 key to incredible sex?

In what ways does our culture push the lie of lust?

Why doesn't lust work to improve sexual relationships?

What are the consequences to marriage and relationships of buying into the lie of lust, porn, masturbation etc.?

How does porn/masturbation break the "smiley face/heart" system that God put in place to be the ultimate connector in marriage?

Why is it so critical that our teenagers hear this information about lust, porn and masturbation?

Read the following Scripture References:

Proverbs 4:23 (NIV)

Song of Solomon 7:10 (NIV)

Watch Clip 26: Scientific formula for the best possible sex (17:37)

Why is exclusivity a turn on for women?

How and why does Mark's formula for the "Best Possible Sex" make more sense than what the so-called "experts" are saying is the key to great sex?

How has "imprinting on lust" led our culture to where we are today?

Why does the best possible sex result from married sex?

Why do you think God's plan for great sex is so rejected and ignored by our culture?

What is the result of ignoring a husbands' sexual need?

*****If you need help with pornography and sexual issues, please visit www.laughyourway.com. Under "Resources", click on "Sexual Addiction: to find out more about the Pure Online Program or contact the Counselling Department on 021 559 0325.*

Read the following Scripture References:

Proverbs 6:27 - 28 (NLV)

Proverbs 9:17 - 18 (NLV)

End of Prayer Session and Check-out:

Group Prayer:

Father, Thank you for the wisdom and truth You give us when we seek You. Help us to apply what we learn to our marriage to make our relationships all You intend them to be. Keep us ever mindful of the importance of making our spouse and our marriage a priority. Guard our hearts and minds against the things of the world that would come to try to steal and destroy. Help us to maintain an exclusive love and desire for our spouses. Hide the truth of what we are learning deep in our hearts to make us the husbands and wives You want us to be. Amen.

Couples Prayer:

Father, Thank you for the wisdom and truth You give us when we seek You. Help us to apply what we learn to our marriage to make our relationships all You intend it to be. Keep us ever mindful of the importance of making each other and our marriage a priority. Guard our hearts and minds against the things of the world that would come to try to steal and destroy. Help us to maintain an exclusive love and desire for one another. Hide the truth of what we are learning deep in our hearts to make us the husband and wife You want us to be. Amen.

Based on the material: Laugh Your Way to a Better Marriage, Mark Gungor www.laughyourway.com